

Mock interview

A **mock interview** is an emulation of a job interview used for training purposes. The conversational exercise usually resembles a real interview as closely as possible, for the purpose of providing experience for a candidate. It can help a job applicant to understand what is expected in a real job interview, and can help an applicant improve his or her self-presentation. Mock interviews can be videotaped; the

candidate can view the tape afterward, and get feedback. There are coaches who can provide feedback on aspects of the interview process. Mock interviews are most common for job interviews, but may also be used to train public figures to handle interrogations by journalists, as well as help candidates for office prepare for debates. Some organizations schedule mock interview events to help many students prepare for job interviews.^[1] For example, some schools have mock interview training days, often organized by career and guidance counselors.^[2] While the usual sense of the term is an exercise done as a form of preparation prior to

applying for jobs,^[3] there is another sense of the term which describes a playful or non-serious interview.^[4] Mock interviews can help a person gain confidence for real interviews^[5], as well as provide the interviewee with information about how to handle an upcoming interview.

References

1. *Suburban News (February 8, 2015). "Boys and Girls Clubs of Union County participate in 'Mock Interview Day' " . NJ.com. Retrieved April 23, 2016. "...etiquette in professional, social and dating environments. The professional*

segment includes college and career preparation; mock interviews are an important part of preparing for future careers. Teens had an opportunity to interview in a variety of settings including one-on-one, two-o-one and in a group...."

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3. *Jesse Nankin (March 8, 2009).*

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"...more than 100 others participated in a mock interview day on Feb. 26. It was part of a program to help immigrants and refugees improve their English skills and receive employment training...."

4. *Adya Beasley (January 29, 2014).*

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